

SELF-COMPASSION QUIZ

Rate the extent to which you agree with each of the statements below, using a scale of 1 to 5 in which 1 means "never," 2 means "rarely," 3 means "sometimes," 4 means "often," and 5 means "always."

_____ *Do you accept that you'll often fail to live up to your ideals?*

_____ *Do you accept that when you fail to live up to your ideals, you'll often experience self-criticism and discomfort?*

_____ *Are you willing to mindfully make space for self-criticism and discomfort and allow them to come and go like bad weather?*

_____ *Do you value treating yourself with kindness?*

_____ *Do you use kindness to motivate yourself when you experience setbacks?*

If you were able to answer 4 (often) or 5 (always) to all of these questions, you're skillful in the use of self-compassion. However, many people respond to at least a few of these questions with numbers below 4. That's okay. This quiz isn't another excuse to beat yourself up. Just use it as a gentle way to increase your awareness of the aspects of self-compassion that are difficult for you.